

## • Day's Activities include •


- 8:00 am** Music, entertainment and free screenings beside the Hoosier Lottery Grandstand
- 8:40 am** Warm-up exercises
- 8:50 am** Opening remarks by Mrs. Daniels
- 9:00 am** Walk begins around the outside of the State Fair Track of Champions
- 9:30 am** Walk concludes in front of the Hoosier Lottery Grandstand under the red balloon arch
- Door Prize Winners announced
- Light breakfast available for participants

**AFTER THE WALK BE SURE TO STAY AND ENJOY ALL THE FUN THE STATE FAIR HAS TO OFFER!**

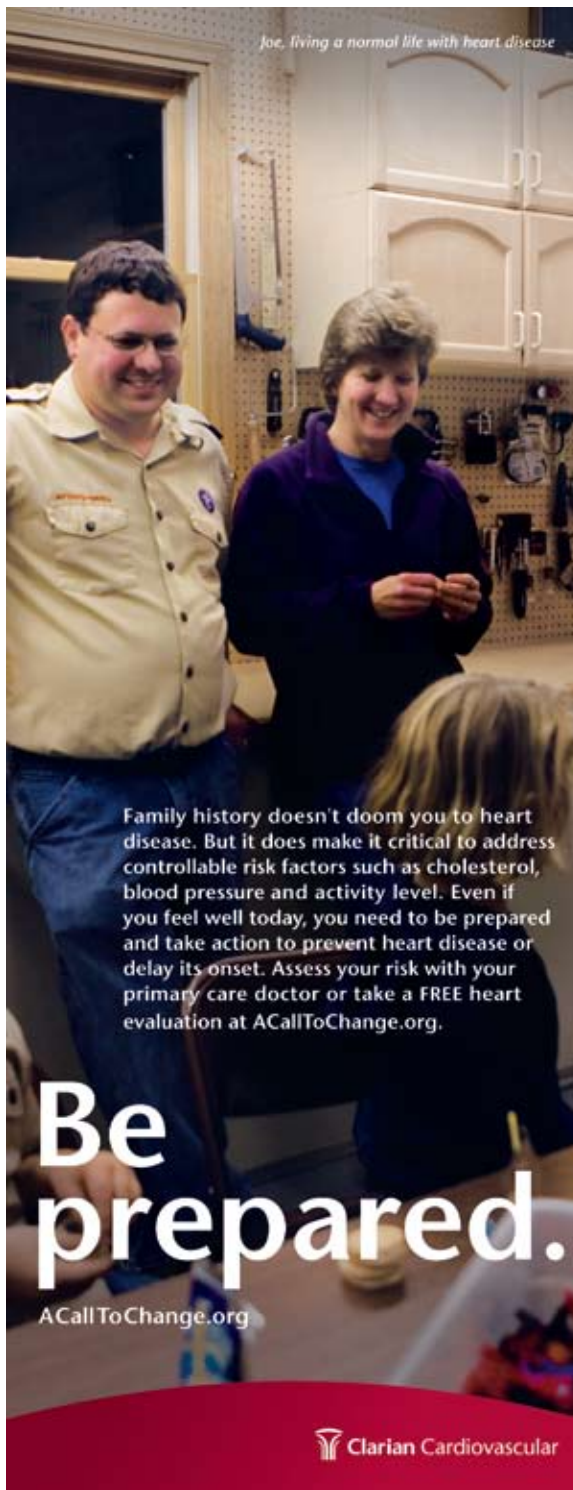
## • Other Fun Fair Activities •

- All Day** Clog Fest - Clarian Dance for Health Stage
- All Day** Ball State University booths - along State Fair Boulevard
- 9 am-3 pm** Traditional Arts Indiana State Fair Fiddle Contest -Farm Bureau Insurance Celebration Park/WFMS Free Stage
- 9 am-6 pm** Free health screenings and active lifestyle exhibits - Clarian Healthy Lifestyles Pavilion
- Noon** Indiana State Fair Young Hoosier Pianist Competition Finals - Home & Family Arts Building
- 7:30 pm** Daughtry with Virgin Millionaires - Hoosier Lottery Grandstand



 **Clarian Cardiovascular**


*Joe, living a normal life with heart disease*



Family history doesn't doom you to heart disease. But it does make it critical to address controllable risk factors such as cholesterol, blood pressure and activity level. Even if you feel well today, you need to be prepared and take action to prevent heart disease or delay its onset. Assess your risk with your primary care doctor or take a FREE heart evaluation at [ACallToChange.org](http://ACallToChange.org).

# Be prepared.

[ACallToChange.org](http://ACallToChange.org)

 **Clarian Cardiovascular**



## FIRST LADY CHERI DANIELS' Heartland WALK FOR HEALTH

presented by  
**Clarian Cardiovascular**

★ AUGUST 9, 2008 ★  
INDIANA STATE FAIR



 **Clarian Cardiovascular**

[www.indianastatefair.com](http://www.indianastatefair.com)



Please join me on **Saturday, August 9, 2008** for the Heartland Walk for Health presented by Clarian Cardiovascular at the Indiana State Fair. Together we can help raise awareness that heart disease is the number

one killer of women. Take a two-mile stroll with me around the Fairgrounds to prepare you for all the fun you will enjoy throughout the day!

*Cheri Daniels*  
Cheri Daniels  
First Lady of Indiana



[www.hearttoheart.in.gov](http://www.hearttoheart.in.gov)

## TO REGISTER online:

Go to **[www.kenlongassoc.com](http://www.kenlongassoc.com)**

Click on the "Heart to Heart" logo and follow instructions.

## ALL PARTICIPANTS WILL receive:

- Commemorative T-Shirt
- State Fair participation ribbon
- Bottled water
- State Fair "goodie bag"

*\* A registration fee of \$7 will be charged to include gate admission to the Indiana State Fair. Tickets will be mailed directly to participants. Walk ups will be accepted.*

## ★ TO REGISTER BY MAIL ★

### First Lady Cheri Daniels' Heartland Walk for Health *presented by Clarian Cardiovascular*

Name: \_\_\_\_\_

Address: \_\_\_\_\_ County: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (work) \_\_\_\_\_ (cell) \_\_\_\_\_ (home) \_\_\_\_\_

E-mail address: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Phone: (work) \_\_\_\_\_ (cell) \_\_\_\_\_ (home) \_\_\_\_\_

\_\_\_\_\_ I will participate in the Heartland Walk for Health, so I need \_\_\_\_ Fair tickets for admission.

Number of Fair tickets at \$7 each \_\_\_\_\_ = \$ \_\_\_\_\_ **Mail by Aug. 3!**  
Total: \$ \_\_\_\_\_

#### Mail registration form by Aug. 3 along with your check or credit card information to:

First Lady Cheri Daniels' Heartland Walk for Health presented by Clarian Cardiovascular •  
c/o: Ken Long & Associates • 994 North Combs Road • Greenwood, Indiana 46143 • (317) 884-4001

**Make check payable to: Ken Long & Associates**

#### Credit Card Information

Circle one: **American Express** **MasterCard** **Visa**

Card Number \_\_\_\_\_ Exp. Date \_\_\_\_\_

Card Holder \_\_\_\_\_

Signature \_\_\_\_\_

*Following receipt of your check or credit card information you will receive walk details and your State Fair admission ticket(s) on or before August 6<sup>th</sup>.*

Would you like to receive heart health information for women by e-mail? \_\_\_\_ Yes \_\_\_\_ No